



JULY/AUGUST 2003 EDITION



## Welcome Home CGC Walnut !!!

The CGC Walnut was deployed on January 18, 2003 for Operation Enduring Freedom. The crew was greeted by many friends, family, hula dancers and CG personnel upon return on June 27 after the five month patrol.



## MEET YOUR NEW MWR DIRECTOR

By Briana Flowers

There's a new face at MWR, and his name is Mr. Customer Service, but you can call him David R. Bolton. Originally from south side Chicago, Mr. Bolton joined the Air Force directly from high school. He spent his first five duty years stationed at nearby Hickam Air Force Base. Although his main mission was as a survival instructor, navigating students through deserts and jungle brush, his real passion was with MWR. A couple of years into his service, he began working part-time for the club on base, and later retrained to become a club manager, a career path he maintains. Upon his retirement in 1992 in Little Rock, Arkansas, Mr. Bolton continued to work for MWR. In 1994, he took a MWR Director with the Navy in Diego Garcia. From 1997 to 1999, he served as the MWR Director position at Johnson Atoll Island. In mid 1999, he spent a short time working for the Army in Macedonia, before returning to Johnson Atoll in 2000.

Under the title of Community Services Manager, he directed the MWR, food, housing, custodial and chapel services.

Three years later, he has returned to Hawaii, this time with the Coast Guard, a position he plans to retain for a while. Mr. Bolton sites substantial support from commanding officers as one of the best features of the base.



Mr. Dave Bolton, MWR Director

"I plan to stay," said Bolton, "MWR is small but the people seem motivated."

While here, Mr. Bolton has big plans for MWR's future. "We want to offer better service in a businesslike matter," said Bolton.

"Customer service is my number one priority, that's what I'm here to provide".

New lights for the softball field and variations to

the lanai area of Club D14 are just a few of the changes patrons can expect to see soon.

"I want to add some activities out there, maybe some volleyball and horseshoes," said Bolton, "something to cater more to the customer." Some ideas Mr. Bolton has implemented at previous bases are a "build your own pizza night", "Adopt an Area", a base beautification project, and the installation of barbeque pits at the club, which provided a 10% increase in business. He hopes to duplicate successful results here at ISC Honolulu. He would also like to work with other branches of service, "piggybacking" on programs to generate more participation.

"With better organization and direction, we will begin to offer new and better things," said Bolton, "I encourage everyone to become active, come by and meet me, and let us know what you need and want. Customer service is our biggest priority here at MWR, and I encourage anyone with ideas, suggestions or concerns to come by and talk to me."

Bolton has a 10-year-old son, David Jr., who is currently on the mainland, and will be joining him in December.

## 2003 Third of July Celebration Red, White & Blue Baby Contest

Most Patriotic Baby  
Emma  
Hartnett

Most Precious: Zaria Wilson

Most Stylish: Mia Lopez

Most Adorable Eyes: Claudine Gale

Most Adorable Smile: Christopher Brown

Happiest Baby: Sidney Burrow

Angelic Baby: Denver Hallman

Best Baby Expression: Daniel Dill



### Aloha Resource Fair

Coming to the Red Hill Community Center Wednesday, September 17th, 5:30 -8:00 PM. It only happens once a year, so mark your calendars now!

### **Sunshine Generation**

by Angela Kennington

Sunshine Generation is a non-auditioned children's performing group for boys and girls ages 3 years - teens. We focus on singing, dancing, and performance skills while helping build self-confidence. Sunshine Generation performs throughout the community at many events. Classes are taught Wednesdays at the Red Hill Community Center. Call the Red Hill Community Center for information. 831-2751

### **Joint Women's Conference**

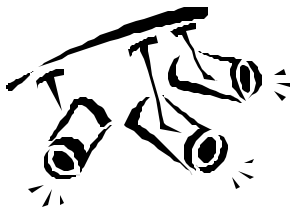
The 10th Annual Joint Women's Conference will be held October 17th and 18th at Hickam Air Force Base.

Registration for the event begins September 2, 2003.

Registration forms will be available at the Red Hill Community Center or you may log on to the web site at [www.jwconf.com](http://www.jwconf.com) to download a form. Workshop assignment is on a first come, first serve basis, so plan to register early for your favorite workshop choices!

### Coastie's Closet

The Coastie's Closet, located in the Red Hill Community Center, is accepting new and gently used children's items from newborn to age 3. In an effort to lighten the financial load of our Coast Guard families, there will be no charge for any items in the Coastie's Closet. MWR is looking for dedicated volunteers to help sort donations. For more information, please call the Red Hill Community Center. 831-2751



## Get your act together for the 2003 x-treme talent show



**This years Talent show will be held on  
26 September.**

**Keep your eyes open for more information.**

## Coast Guard Community Celebrates Independence Day

by Lori Ulsh

The Coast Guard community marked the nation's 227th birthday with the 2nd Annual Independence Day Celebration. An afternoon-long bash was held at the Red Hill Field and Pavilion area complete with entertainment, a baby contest, games, refreshments, trolley service, and more. Attendees to the event, which was sponsored by MWR, were treated to entertainment courtesy of Rob Benedict and Terri Yensz along with Stevo the Clown, Sunshine Generation, Spotlight Dance Studio, Centerstage, and Hula/Tahitian dancers under the direc-

tion of Dana Henderson and Dennis Kia. Cheryl Schwartz represented GEICO as well, providing prizes for all who visited her booth.

The event provided a morale fundraising opportunity for the 12 units and clubs who participated as well as a community based celebration. The day was a great success due to the cooperation and team work of many people. The MWR staff extends a big MAHALO to the following people: Captain Conklin, Security, Housing, Mr. Lorrin Ching, Mr. Mark Racimo, Work Life, Supply, ISC

Galley, ANT Team, DC Shop, Armory and all the units and clubs who set up and manned the games and booths. Special thanks to the clean up crew who so generously remained until the last tent pole was down! Thanks so much for everyone's help and participation!



Devon Bailey, Son of PO3 Bailey participated in the Red, White and Blue Baby Contest.

# COAST GUARD DAY PICNIC 2003



**The Coast Guards 213th Birthday Picnic**

**Hawaiian Waters Adventure Park**

**August 2nd, 2003**

**9:30AM-5:00 PM**

**All CG active duty, dependents, reserve, retirees and civilian employees \$6.00**

**Civilian Guests \$20.00**

**Children under 3 free**

Contact ISC MWR  
for Tickets and  
Information  
541-2413

## Red Hill Pool

Pool Hours

Tues-Sat 10 am-6 pm

Sunday 12 pm-6 pm

Phone 831-2758

### Teen Night

18 July

FREE Admission

Hot dogs, Pizza, Hamburgers & Shaved

Ice on Sale

Pool Games and Prizes

**Wacky Wednesday**  
Bring your Floats every Wednesday  
to the Red Hill Pool. Popsicles will be on  
sale for everyone to enjoy.

Come have dinner at Red Hill Pool on  
26 July for **Family Float Night**  
Admission: \$1.00

Shaved Ice & Popcorn will be on sale.  
Lots of Games and Prizes.

Drawing for a boogie board.  
Call Red Hill Pool for information



Swim Lesson Sign-up  
Saturday 12 August  
For Session III  
Call Red Hill Pool  
for more information  
831-2758

**Red Hill Pool**  
Open for Party's  
We would like to  
encourage CG units  
to use the pool for  
morale events.

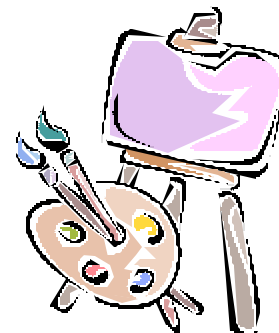
## Painting Guild Classes at Red Hill

The Painting Guild is offering the following classes at the Red Hill Community Center:

Stamping Box , Saturday, July 19th, 10:30 AM to 1:30 PM,  
\$12 includes all supplies;

Poinsettia Oil Painting, Tuesday, August 5th, 6 PM to 10 PM,  
\$25 includes all supplies.

Projects are on display in the ITT office window at the Red Hill Community Center.



United States Coast  
Guard ISC Honolulu



Have Fun, Play Hard, Be Safe.

For Information Call  
Angela Flowers, Recreation Specialist  
541-2475

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ers and Mark Racimo

## SOFTBALL

Coed Teams

Play begins 5 August

Sign up by 28 July at ISC  
MWR

## Flag Football

Navy League

Play begins 2 Sept.

Sign up by 22 Aug at MWR  
Call 541-2475 for more  
Information.

## Aerobics Classes Red Hill

Floor Aerobics - 8-9 AM,  
every Wednesday and Friday  
Water Aerobics - 9-10 AM,  
every Monday, Wednesday,  
and Friday.

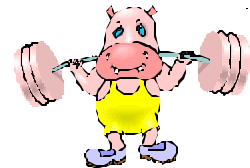
Childcare is available for  
both classes.

# SPORTS



**Renovations have begun at the gym.**

New Weight Room &  
Aerobics Room Coming Soon



## Traits of a Champion

By Walt Disney

Sports psychologists have identified six traits that are common among gold-medal athletes. These traits of a champion apply to both men and women and also are dominant factors in the lives of those who succeed in non-athletic vocations:

1. *Self-analysis.* The successful athlete knows her strengths and weaknesses and engages in critical appraisal that is honest, but never negative.
2. *Self-competition.* A winner knows she can only control her own performance, so she competes against her own best effort, not others.
3. *Focus.* The champion is always in the present, concentrating on the task at hand.
4. *Confidence.* Successful athletes control anxiety by setting tough but reasonable goals. As goals are reached, confidence increases.
5. *Toughness.* This is a mental trait that involves accepting risk and trying to win, rather than trying not to lose. A winner sees change as opportunity and accepts responsibility for her destiny.
6. *Having a game plan.* Even elite athletes know talent is not enough. They have a game plan.

You don't have to be an Olympic athlete to develop these skills; they can be beneficial in every area of your life. Whether it's on the job, in the home, or at the gym, these traits can build excellence into your everyday life.

-Walt Disney